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U.S. SALT GUIDELINES COULD KILL FLAVOUR TO SAVE LIVES

FDA'S VOLUNTARY STANDARDS MIGHT MAKE A SIGNIFICANT IMPACT, BUT CRITICS SAY IT ISN'T WORTH ITS SALT PAGE 9

Are manhole covers contributing to crime?

One London city councillor thinks so — and he has a plan to fix it PAGE 3

And now — we dance

Music London is calling all dancers to show their favour of the Celebration Centre, a new $164 million performing arts centre project PAGE 4

Showing off the crown jewels

Jason Segel's mom said she cried when she saw her son's junk displayed in Forgetting Sarah Marshall PAGE 13

NEWS WORTH SHARING.

UP IN THE AIR

Mexico's Rafael Márquez, left, and Brazil's David Luiz try to head the ball simultaneously during a World Cup soccer match that ended in a draw on Tuesday. Story on page 20. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Humane society pushed to max

Hoarding. Dozens of cats seized from London home put shelter over capacity

SCOTT TAYLOR
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The smell Tuesday in two rooms of the London Humane Society was sickening, overwhelming — and they had already been cleaned.

It was the most obvious sign of the situation facing the shelter after it removed 28 cats from a home — a suspected case of animal hoarding. Charges are pending against the owner.

The rescue, prompted by a tip from the public, has pushed the humane society more than 50 cats over capacity and almost to its breaking point, said executive director Judy Foster.

"We've brought more staff in, and we have a public appeal out for more towels and wet kitten food," she said. "In the meantime, we're working really hard to treat all of these animals and get them back up to where they should be so we can re-home them."

Foster said animal hoarding in London is a serious and widespread issue.

The more than two dozens kittens and cats rescued Thursday represent the low-to-medium end of the average number seized in hoarding cases.

"The highest one that we had was 71 cats in north London in 2009," Foster said. "But I'm happy to say that we were able to treat all of them and adopt all of them out."

Sadly, that's not always the outcome. Each case creates a big strain on the non-profit's resources.

"Usually in hoarding situations, the animals have not been socialized, so a fair amount of effort has to go into socializing them and making them comfortable with humans," Foster said.

Foster estimates there are more than 20 animal hoarders in the city at any given time. Most people start with good intentions, but four pets become eight and then things balloon from there, she said.

The problem is it's virtually impossible to know who might be hoarding.

"Someone that is doing hoarding doesn't tend to be very open about it. People who know them may think they're sympathetic to pets, but don't realize that when they drop their cats off to them that they're now at 35 cats," she said.

On a personal level, Foster said she doesn't agree with a proposal at city hall to increase the number of cats people are allowed to have in their homes.

The proposal would push the limit to eight from three.

"Can you imagine living in an apartment building with eight cats in every unit?" she asked.

At a glance

According to information on the Ontario Society for the Prevention of Cruelty of Animals' website, animal hoarding is the accumulation of animals to the extend that someone fails to:

- Provide minimal nutrition, sanitation and veterinary care.
- Act on the deteriorating condition of animals or the environment.
- Recognize the negative impact on their own health and wellbeing.

"A common feature that most animal hoarders share is the inability to recognize the animals in their care are sick, injured or even on the brink of death," the website says. "This makes the treatment and rehabilitation of animal hoarders very difficult, and requires long-term counseling and subsequent monitoring."

NEWS 1

Dieu Chau

Court date set for man accused in abduction, sex assault

A London man accused of abducting two young girls and sexually assaulting one of them will next appear in court via video Wednesday morning, according to police.

Dieu Chau, 44, is then expected to seek a date for a bail hearing, which police will oppose.

It's alleged Chau picked up the girls, aged nine and 11, in his car in the area of Southdale Road and Adelaide Street at about 7:30 p.m. on May 24. He drove them to Storybook Gardens and an area fast-food restaurant for something to eat, and then dropped one girl off.

Police say he then assaulted the other girl before taking her back to the area of Southdale and Adelaide.

Chau has been in custody since last week.

SCOTT TAYLOR/METRO

Drugs

London man charged after trafficking probe

A London man is facing charges after a drug trafficking investigation in Woodstock.

James Bourgeois, 63, was arrested Friday and charged with six counts of possession of a controlled substance with the purpose of trafficking and possession of property obtained by crime.

Woodstock police seized crack cocaine, prescription narcotics and cash with a combined value of about $2,100.

METRO

Chad Croteau of Fanshawe College and Andrea Surich of The Grand Theatre, partners in a new creative collaboration. MIKE DONACHIE/METRO

Fanshawe project set to be a Grand experience

Partnership. Students teaming up with professionals at The Grand Theatre

MIKE DONACHIE
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The curtain has been raised on a creative collaboration between Fanshawe College and one of London's top attractions.

The theatrical professionals at The Grand Theatre have signed up to act as mentors to students at Fanshawe's downtown centre for digital and performing arts.

It's an example of why the college has set up in the core, and it's going to benefit more than 60 students in a variety of programs in the fall, in part because they all get passes to shows at The Grand and get to spend time behind the scenes there.

It began when the theatre's production manager, Andrea Surich, was advising on programs at the new centre at 137 Dundas St.

"We started connecting about how the relationship between The Grand and here could start jumping," said Surich during a visit to the downtown campus Tuesday. "That part is pretty new."

Getting access to the professional theatre is a boon for the students, she explained. As well as learning how it works, they will criticize it in classes as they discuss the best approach.

"The Grand has stepped up to the plate in terms of facilities and in terms of people," said Chad Croteau, who's a professor in Fanshawe's theatre arts technical production program.

Support is being offered for a variety of programs, including costume construction, which teaches students how to create what designers want. That will benefit theatre as a whole, Surich said, by ensuring trained specialists are in the marketplace. Often, theatres have to look to fashion programs for the people they want.

And, as if that's not enough, three students will be chosen to do real work in the theatre as interns.

Quoted

"It's just down the street. It's easy for (students) to be part of our world."

Andrea Surich, program manager at The Grand Theatre

Art sale for Banting House

Sir Frederick Banting's artistic connections are being celebrated Thursday at an important fundraiser for the house where he lived.

The Banting House Museum, home to the London branch of the Canadian Diabetes Association at 442 Adelaide St. N., is hosting Banting and Friends, a social event where the work of local artists will be sold.

"This is Banting House's only fundraiser," said museum curator Grant Maltman. "It's 'Banting and Friends' because Banting was an artist and he supported Canadian artists when he was alive.

"We thought it would make a nice pairing and a win-win for everyone."

Last year, the event raised $11,000, and the hope is to beat that this time.

A selection of photographers, painters, potters and sculptors will offer original art for sale, with all artists donating 50 per cent of the proceeds to Banting House.

Sir Frederick Banting
TORSTAR NEWS SERVICE FILE

Tickets are $55 each or $100 per couple and will be available on the night. The event runs from 5:30 p.m. to 8:30 p.m. MIKE DONACHIE/METRO

For charity. Chef ready to take pies in the face

People will have a chance to raise a bit of money for an east London charity this weekend — and all you have to do is throw a pie.

That's right. Theo Korthof, owner and chef at Artisan Bakery, has donated his face to helping Life Spin.

A minimum donation of $2 will earn you a chance to toe the line — pie in hand, of course — with Korthof. The tossing starts at 11 a.m. and continues until 1 p.m. at the bakery (866 Dundas St.).

Life Spin provides information and support to people living on low incomes. Among the programs it offers are those catered to homelessness prevention and educational resources on legal matters.

METRO

Want to sell a manhole cover? Coun. Stephen Orser says you shouldn't be allowed to. MIKE DONACHIE/METRO

Orser not putting up with this scrap

Stolen goods. Councillor hopes to halt fencing by banning certain items at pawn shops, scrap yards

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Coun. Stephen Orser's a man on a mission. He wants to crack down on theft.

The latest idea to be put to a city hall committee by the Ward 4 councillor is a change in the bylaws governing scrapyards and pawn shops. Orser wants to make it tougher for them to accept stolen goods.

"I have received numerous complaints from businesses and residents in the Old East Village and Ward 4 about thefts of various items that are being pawned or sold to scrapyards," Orser wrote to the community and protective services committee.

"Businesses have had their commercial-size AC units completely disemboweled of copper tubing coils, homes have been stripped of copper plumbing, contractors have had copper pipes stolen off work sites (and) residents' bikes, jewelry and other items have been stolen from cars and sheds."

Orser says such thefts also fuel the drug trade, so he wants to "tighten up" the city's pawnbroker and salvage-yard regulations, banning scrap dealers from buying items that are often stolen.

He also wants to force pawnbrokers to demand proper photo ID and even suggests taking thumbprints or videotaping everyone.

"If criminals have no place to sell it, there is no drive to steal it," Orser wrote.

He plans to pitch the idea July 21.

Proposal

If council accepts Coun. Stephen Orser's idea, scrapyards won't be allowed to buy certain items, including:

- manhole covers, storm grates, street signs, funeral markers, railroad equipment, copper or aluminum coils from air-conditioning systems, beer kegs, and guard rails.

Drug funding renews hope for CF sufferers

News that an expensive cystic fibrosis (CF) drug will soon be covered by provincial and territorial governments is nothing short of life-saving, said a London woman who's one of about 118 people in Canada with a rare mutation of the CF gene.

Bonnie Brillinger, 48, is considered a senior among CF patients. The drug, called Kalydeco, could at least double her life expectancy and greatly improve the quality of those years.

However, it costs more than $300,000 a year, and Brillinger couldn't afford it without coverage. She said she's one of four people in London with the gene mutation that Kalydeco treats.

"This has given me a whirlwind of new options," she said. "If it works on me as well as it has on other people, the breathing gets better, the headaches go away, the sinus issues, the digestive issues ... A lot of people are seeing a lot of positive results."

Bonnie Brillinger CONTRIBUTED

Diagnosed when she was a child, Brillinger is approaching the average lifespan of a CF patient and, in the last few years, has felt her health decline significantly.

"I've really gone downhill," she said. "There's been more hospital visits, more IVs and whatnot. This is looking like it's about to give hope that all of this will be prevented."

That means the hope to live to 54 with CF has leapt a decade to 64 — at least.

A group called the Pan-Canadian Pricing Alliance, which represents every province and territory except Quebec, has been involved in negotiations with drugmaker Vertex for more than a year.

SCOTT TAYLOR/METRO

Cystic fibrosis

It is estimated that one in every 3,600 children born in Canada has cystic fibrosis.

- Almost 4,000 Canadian children, adolescents and adults attend specialized clinics.

Fatal collision

Driver gets jail for hit-and-run

A man convicted in a hit-and-run that killed a Western University student has been handed a five-month jail sentence.

Darrin Norton, 36, of St. Thomas, was also ordered to complete two years of probation and 100 hours of community service in connection with the death of 22-year-old Joshua Switzer.

Switzer was killed in the early hours of May 19, 2012, while jogging home after a night out with friends. THE CANADIAN PRESS

Marienbad

Restaurant's 40th anniversary brings back memories for long-time patrons

Restaurants come and go in downtown London, but one Carling Street eatery is going strong 40 years later.

In a building that dates back to 1854, Marienbad Restaurant and its accompanying Chaucer's Pub celebrated their 40th anniversary this week, with close to 200 people on hand.

Kevin Byerley, who has been working at the restaurant for the past 10 years, said it was great hearing the stories from long-time customers.

"There were a lot of our elderly customers who did their walk through and you could hear them talk of how they got married here, how they met here, and here they are 40 years later," Byerley said. "It was actually quite touching."

The building served as the Queen's Hotel from 1871 to 1920 and became the home of the Farmer's Advocate newspaper from 1921 to 1965.

The restaurant took its name from a famous Czech spa: Marianske Lazne — Marienbad.

DAVE LANGFORD/METRO

Unlikely mayors. Some outside-the-box interim replacements to consider

Mayor Joe Fontana's expected to resign Thursday, and everybody's looking at city councillors as interim replacements charged with leading the city into the fall election.

But what are the alternatives? The only requirements are that you need to live in London or own property here. Any Londoner could qualify.

So, Metro took a look at some off-the-wall possibilities for the short-term job.

Drew Doughty — He's won everything else, so he might as well have this, too. The Los Angeles Kings defenceman is from London — let's just assume he still qualifies for office in the city — and is possibly our favourite son. If he can't be mayor, maybe he'd like to be Secretary of Defence.

Bill Paul — In recent years, few people attended as many public events as Joe Fontana, but Bill Paul, London's self-styled town crier, might be a close second. It's not clear if he'd be any good as a politician, but one thing's for sure: He'd keep the council meetings in order.

Lincoln McCardle — The host of the weekly Rogers show LdnOnt TV is probably the best-known tweeter in the city, and that would get him plenty of support. He also knows a thing or two about city hall politics, mainly that you need a thick skin and it doesn't hurt to have a couple of beers before a meeting. Actually ... let's just move on.

Jane Bigelow — In 1972 she became the first female mayor of the Forest City, and she's still an inspiration. Could she inspire council to get along a little better until the election? With a long career in politics and as a social activist, Bigelow might have what it takes.

Bill Brady — Everybody knows his voice, so why not have him leading the way for the city? The local broadcasting legend would command authority, and has plenty of experience in management, so maybe we should be turning to his statesman-like qualities in our time of need. MIKE DONACHIE/METRO

Quarterly filings. City hall supports change in expense reports

Information about how council members spend taxpayers' money is about to get a lot more accessible.

After unanimous agreement at a committee meeting Tuesday — and pending the endorsement of council next week — the expense claims of councillors will be published online every three months, in the same way the city reveals the expenses of its mayor.

"Municipal council has been unanimous in setting this direction," Coun. Joe Swan told the meeting of the corporate services committee.

City staff had drawn up rules in response to that direction, and Tuesday marked their return to be approved by council members. Until now, expense claims, which are closely watched by the media and citizens, were made public only once a year.

At the same meeting, the committee showed its approval for a list of equipment to be issued to new councillors elected in the fall. That includes a laptop, a tablet, a wireless printer, funding for high-speed Internet and some software.

But staff are still drawing up suggestions for what happens to councillors' equipment when they leave office at the end of November.

That's been a controversial issue, in part because Coun. Dale Henderson bought video equipment to run his own online TV channel and has said he won't give it back.

MIKE DONACHIE/METRO

Mayor not there

Mayor Joe Fontana would normally have chaired the corporate services committee's meeting.

- He's taken a step back from his city hall duties after announcing he will resign. He's expected to do that on Thursday.
- Vice-chair Judy Bryant led Tuesday's meeting in Fontana's place.

London environmentalist pedals for pledges

The journey has begun for London environmental advocate Stephen Szucs, as he asks people to pledge to rethink their approach to sustainability. He's going to events in London on his solar and pedal-powered trike as he works to get one million people to make the pledge. Eventually, he'll be heading south to Key West, Fla., with many stops along the way. Look out for him at the Richmond Row store Gift of Art on Wednesday and Bikefest on Sunday. Find out more at sustainablejoes.com. MIKE DONACHIE/METRO

Hey, twinkletoes: Support the arts!

Celebration Centre. Music London calling all dancers to show favour for new venue

MIKE DONACHIE
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If you're light on your feet and you want London to have a top-class performance venue, then Music London wants to see you dance.

The non-profit organization behind plans for the Celebration Centre — the proposed venue to replace Centennial Hall that's included in the $164 million performing arts centre project — wants to drum up support for it.

Part of that is showing the enthusiasm of the community, so dancers are asked to get downtown on Saturday and join the dance to Pharrell Williams' song Happy.

"Our volunteers want to raise the profile of this opportunity," said event coordinator Leigh Anne Fraser. "We are obligated to demonstrate community support and this is the effort to show both physical and tangible evidence that people want this and are contributing to its success."

One of the most noteworthy aspects of the Celebration Centre will be the quality of its dance facilities.

It could make a big difference in the events presented in London and the chance for people to train as dancers.

So the fundraising has already started.

Donations will be accepted Saturday and, as the project is prepared, there are already costs related to designing it.

Music London is a non-profit that's grown out of the old PACT (Performing Arts Centre of Tomorrow) group and is made up of volunteers.

Dance your support

The Celebration Centre event happens from noon to 2 p.m. Saturday

- Dancers and groups are asked to head to Jubilee Square, in front of Budweiser Gardens, to show their support.

Downtown expansion gets green light

Richmond Row is officially on the edge of becoming part of downtown, following a Tuesday decision at city hall.

There was no objection — in fact, there wasn't even any discussion — at the planning and environment committee, as councillors nodded their agreement.

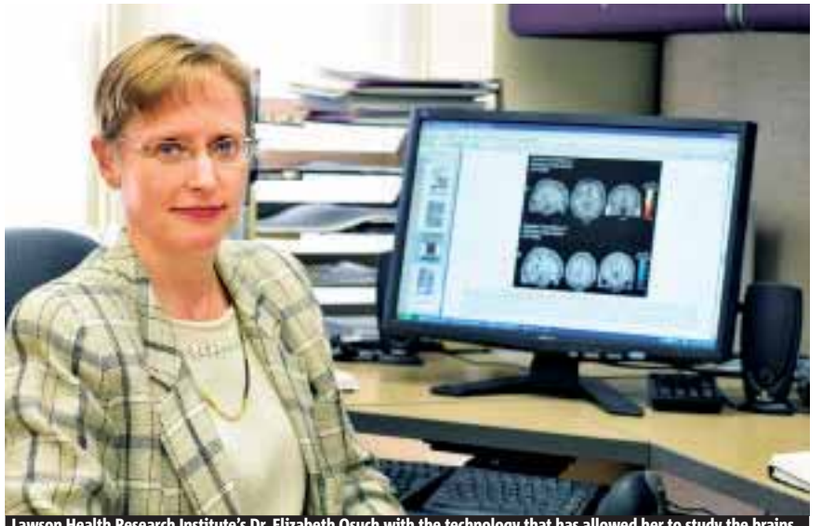
Now, only a vote at full council next week — at a meeting expected to be chaired by Coun. Joe Swan in the absence of Mayor Joe Fontana — stands in the way of the London Downtown Business Improvement Area expanding to include Richmond Row.

The BIA is run by Downtown London, which promotes and supports businesses in the area in exchange for an annual fee paid by companies.

Last week, Downtown London executive director Janette MacDonald said the expansion is expected to double the BIA's membership and could increase its income by 50 per cent.

There are already plans in place for a rebranding exercise and help for Richmond Row with filling vacant shops, although there will be consultation on any changes.

MIKE DONACHIE/METRO



Lawson Health Research Institute's Dr. Elizabeth Osuch with the technology that has allowed her to study the brains of people who purposely hurt themselves. COURTESY STEVE MESJARIK/LHSC

New research sheds light on self-harm

Brain chemistry. A researcher with Lawson has found that people use self-harm as a way to regulate emotions

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A vanguard new study from researchers at Lawson Health Research Institute is shedding light on the question of why some people hurt themselves deliberately.

It's all about brain chemistry, said researcher Dr. Elizabeth Osuch.

Through her studies, she found differences in the neurocircuitry of the brain between youths who engage in deliberate self-harm and those who don't.

"There seems to be an overwhelmingly majority of the research that shows that it's used to regulate their affective state," Osuch said.

"That means that they feel one way, and they want to feel another way," she added.

While some people talk to friends about their feelings, go for a run or listen to music to feel better, that doesn't work for everyone, she said.

Osuch made the discovery by using functional magnetic resonance imaging to compare how different brains process pain and reward.

Self-harm, she found, is actually the route to happier feelings for some people, something Osuch said disproves the idea that youths cut themselves as a way to manipulate others.

The study could shed light on improved treatment in the near future.

Quoted

"(People) may be sad or angry or numb and they want to change that."

Dr. Elizabeth Osuch, Lawson Health research Institute, explains why some people engage in deliberate self-harm.

Firefighters' initiative

Car wash aims to raise funds for kids

London firefighters are gearing up for their annual Dreams Take Flight Car Wash.

The car wash and barbecue runs from 9 a.m. to 3 p.m. Saturday at the central fire hall (400 Horton St.). A rain date has been set for June 28. Car washes cost $5 each. The money raised will be used to send four children and their families to Disney World.

The London Professional Fire Fighters Association and Air Canada have been teaming up for the past 15 years to make the opportunity possible. METRO

When the sun sets

Outdoor movie nights coming to Victoria Park

Victoria Park will turn into an outdoor theatre on special nights through August, as the London Youth Advisory Council hosts movie nights.

The shows are planned for June 24, July 14, July 22, Aug. 14 and Aug. 26. Movies including How to Train Your Dragon and Monsters Inc. All shows start at sunset, and people are asked to come with chairs and blankets.

Text "movie" to 226-271-1189 to receive a reminder for the next movie. METRO

El Sistema

Youth orchestra plans free year-end concert

El Sistema Aeolian is planning for a big finale.

The orchestra will have its year-end concert at 6 p.m. Wednesday at Aeolian Hall (795 Dundas St.). Admission is free, but donations will be accepted.

El Sistema works with at-risk youth, providing musical instruments and instruction free of charge.

The program's goal is to help children develop in an environment that encourages opportunity, regardless of socio-economic limitations. METRO

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Ontario Information and Privacy Commissioner Ann Cavoukian wants Kathleen Wynne's government to take immediate action to pass laws requiring political staff to preserve records. TORSTAR NEWS SERVICE FILE

Wynne urged to end destruction of gov't records

'Offensive' to taxpayers. Province's information watchdog says strong penalties needed for deleting documents

Ontario's new majority Liberal government should put "strong" teeth into laws requiring political staff to preserve records in the wake of the gas plants scandal, Information and Privacy Commissioner Ann Cavoukian urged Tuesday.

Cavoukian's urging came as she delivered her annual report.

"We need to make the act of wilfully destroying documents an offence," she said, but stopped short of specifying what penalties she would like to see and would not say such actions should be considered a criminal offence.

Cavoukian issued a scathing report a year ago after investigating the deletion of documents in the gas plants scandal, stemming from the cancellation of plants in Oakville and Mississauga before the 2011 election.

Progressive Conservative and New Democrat MPPs complained that there were few, if any, documents on the cancellations from the offices of former premier Dalton McGuinty and his energy minister, former London West MPP Chris Bentley.

The Ontario Provincial Police anti-rackets squad is now investigating and has seized 24 computer hard drives that were in the premier's office at the time.

Cavoukian said it was "offensive" to taxpayers that documents they have paid for were deleted.

She praised Premier Kathleen Wynne, who took over from McGuinty 16 months ago, for putting new systems in place to train staff about the importance of keeping records, and said it is up to her government — re-elected with a majority last week — to toughen laws around document retention.

Court documents released last week indicate that a preliminary OPP examination of the hard drives shows they were scrubbed with a program called WhiteCanyon, which is also approved and used by the U.S. Department of Defence.

In an interview with the OPP in April, McGuinty laid the blame for any lax record-keeping on his former chief of staff, David Livingston, who is now under police investigation for breach of trust.

Police alleged he obtained a special password enabling the holder to scrub computers and gave it to a non-government employee who was the computer savvy boyfriend of his deputy chief.

Livingston has denied any wrongdoing and has not been charged.

McGuinty told police most of the deliberations in his office were "oral" and "our practice was to hash things out in person."

TORSTAR NEWS SERVICE

Cause for concern

$1.1B

The estimated cost of the gas plants scandal

Preserving information

"We need to make the act of wilfully destroying documents an offence."

Ontario Information and Privacy Commissioner Ann Cavoukian

Fixed hydro rates reward energy hogs, critics say

People should pay their local hydro utility a fixed monthly amount for electricity delivery, no matter how much power they use, a draft report by the Ontario Energy Board proposes.

The proposal has run into a blizzard of criticism that it would reward energy hogs by limiting their bills, while increasing the amount paid by those who use little energy.

"It is Robin Hood in reverse," argues a letter from the Green Energy Coalition.

The proposal is contained in a draft report that the board quietly circulated this spring.

Proposal breakdown

The board's report says a flat-rate monthly fee for hydro might be set in several ways.

- It might be the same for all residential customers. Or it could group customers in classes, based on their peak usage. Or it could group them based on the size of their connection to the system.
- But, in all three cases, the customer would pay a fixed amount to the local utility, no matter how much electricity was used.

The report deals only with the portion of the bill that goes to the local utility — which normally makes up 20 to 25 per cent of the total.

Currently, householders pay a fixed monthly rate, plus a charge per kilowatt hour. Customers also pay a charge per kilowatt hour for the energy they use, plus charges for Hydro One's transmission wires, for debt retirement and administrative fees. None of those charges would be affected by this proposal.

The energy board proposal would abolish the kilowatt/hour charge paid to the local utility in favour of a single, flat-rate monthly fee.

The idea is meant to align the costs of local utilities with their revenues.

Local utilities own the wires that deliver electricity directly to homes and businesses. The fixed cost of installing and maintaining the wires is high, regardless of the volume of electricity moving across them.

Moreover, the report notes, local utilities are being encouraged to run conservation programs to decrease electricity use. But under the current system, the more successful the conservation programs are, the less revenue the utilities get.

A flat-rate monthly charge doesn't penalize utilities for succeeding at conservation, it says. Charging customers a fixed fee for distribution matches the high fixed cost that utilities face in operating their systems.

The report estimates that under a straight flat rate fee, 70 per cent of residential customers will see a change of $5 per month or less in their hydro bill.

Jack Gibbons, of the Ontario Clean Air Alliance, said the energy board already takes the utilities' conservation programs into consideration when it sets their rates.

The board's proposals are "all worse than the status quo," he said.

If the board wants to encourage consumers to conserve, it should base the local utilities' revenues on time of use rates, just like the energy portion of the bill, he said.

TORSTAR NEWS SERVICE

Federal government approves Northern Gateway pipeline plan

$7B proposal. Despite conditional go-ahead from Ottawa, opponents vow project will never see the light of day

The federal government is giving a conditional green light to Enbridge's controversial $7-billion Northern Gateway pipeline project between the Alberta oilsands and the B.C. coast.

A joint federal review panel recommended approval of the 1,177-kilometre pipeline in December, with 209 conditions; the Conservative government has made it clear that finding new markets for Canadian oil is an economic priority.

Within minutes of the announcement, opponents of the project vowed that the pipeline will never see the light of day despite the nod from Ottawa.

"First Nations will immediately go to court to vigorously pursue all lawful means to stop the Enbridge project," said a statement issued by a coalition of B.C. aboriginal groups.

The statement was signed by 28 individual bands and the three main aboriginal organizations in the province: the B.C. Assembly of First Nations, the First Nations Summit and the Union of B.C. Indian Chiefs.

"This project, and the federal process to approve it, violated our rights and our laws. We are uniting to defend our lands and waters of our respective territories," they said.

They said the majority of British Columbians oppose the project, which they said poses an "unacceptable risk" to the environment and health of all people in the province.

"We will defend our territories whatever the costs may be," the statement said.

The decision already faces legal challenges. Several First Nations and environmental groups have filed applications with the Federal Court for judicial review of the report recommending approval.

The Gitxaala and Coastal First Nations have already said they are preparing broader lawsuits against the federal government and/or the company, over aboriginal rights.

The Sierra Club B.C. called the decision a "slap in the face" for British Columbians.

"But ultimately, it changes nothing: The Enbridge pipeline will not get built," said spokeswoman Caitlyn Vernon. THE CANADIAN PRESS

Opponents to the Enbridge pipeline hold signs in Kitimat, B.C., Tuesday. The federal government has given a conditional green light to Enbridge's controversial $7-billion Northern Gateway pipeline project between the Alberta oilsands and the B.C. coast. JONATHAN HAYWARD/THE CANADIAN PRESS

Oil

525,000

The Northern Gateway project would move an estimated 525,000 barrels of petroleum products each day.

Value

$300B

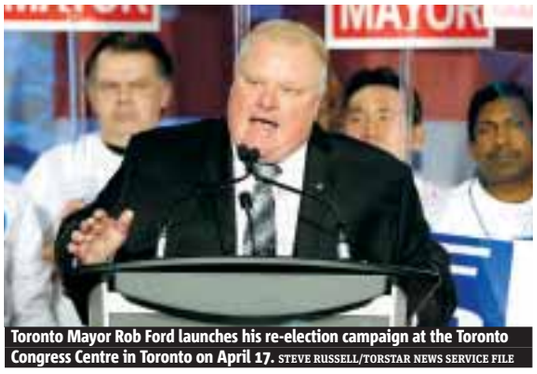
The pipeline is estimated to be worth $300 billion in additional gross domestic product over 30 years. Governments are expected to net an estimated $80 billion in tax and royalty revenues over those three decades.

Territory

50

The 1,200-kilometre pipeline would need to cross the territories of more than 50 First Nations to link Alberta's Athabasca oilsands to a marine terminal on the northern edge of B.C.'s Great Bear Rainforest.

Toronto waits to see if Ford returns a changed man



Toronto Mayor Rob Ford launches his re-election campaign at the Toronto Congress Centre in Toronto on April 17. STEVE RUSSELL/TORSTAR NEWS SERVICE FILE

Only time will tell whether Rob Ford's stint in rehab has changed him, some of the Toronto mayor's colleagues said Tuesday, just weeks before his scheduled return to city hall.

Ford plans to come back on June 30, according to a letter he sent to the city clerk's office.

The letter says he will return to resume his duties "in the later portion of the afternoon" and asks that his office locks be changed back by 1 p.m.

"I'm hoping that he really seriously applied himself at rehab and he will come back a very changed person," Coun. Paula Fletcher said.

She said city hall has been "calm and scandal-free" in the mayor's absence, a sentiment echoed by other councillors.

"Ever since his departure … things have been very calm, there's a lot of business being conducted, there's a level of civility I believe has re-entered city hall," Coun. Kristyn Wong-Tam said. "It clearly demonstrates to me that when he's here, he's a distraction."

Coun. Janet Davis said it's impossible to know what to expect from Ford.

"I don't want to predict how Rob Ford will behave. I don't think anybody's ever been able to do that," she said.

Ford has been in rehab since announcing on April 30 he was seeking help for an alcohol problem, just as new allegations of substance abuse surfaced in several reports.

Ford has been faced with allegations of drug use since May 2013, when reports surfaced of a video that appeared to show him smoking crack cocaine.

Months later, Ford admitted to trying the drug while in one of his "drunken stupors" and to using drugs while in office. Subsequently, council stripped him of most of his mayoral duties.

Though the mayor then publicly swore off alcohol, he was later forced to admit to drinking after another video surfaced in which he was shown using Jamaican swear words and slagging the city's chief of police.

The letter announcing Ford's return is dated June 2, but the clerk did not receive the letter until Monday, City of Toronto spokeswoman Jackie DeSouza said in an email. 680NEWS/THE CANADIAN PRESS

Libya

Benghazi attack suspect captured, to be tried in U.S.

A Libyan militant suspected in the deadly Sept. 11, 2012, attack on Americans in Benghazi has been captured and will be tried in the U.S., the first apprehension of an alleged perpetrator in the assault that killed Ambassador Chris Stevens and three others.

President Barack Obama said Ahmed Abu Khattala, a senior leader of the Benghazi branch of the terror group Ansar al-Shariah in Libya, will "now face the full weight of the American justice system."

Abu Khattala, was captured by American forces on Sunday, according to the Pentagon. THE ASSOCIATED PRESS

Maksym Shynkarenko

Internet child-porn kingpin sentenced to 30 years in prison

A Ukrainian man who authorities said could be the most significant distributor of child pornography ever prosecuted in the U.S. was sentenced to 30 years in prison Tuesday for running a network of websites that catered to pedophiles around the world.

The sentence was part of a plea deal reached by Maksym Shynkarenko in early January, about five years after his arrest in Thailand and 18 months after his extradition to the U.S.

He will likely be deported when he is released from prison. THE ASSOCIATED PRESS

New Mexico

Blind mechanic has a real feel for automotive repair

A blind man who recently earned an auto mechanics degree is looking for a job.

Clifford Alderson, 48, a graduate from a joint New Mexico State University-Dona Ana Community College program, earned his degree by listening and learning to feel his way around the vehicle, according to reports.

Joe Retana, a professor at the auto mechanics program, said Alderson is an enthusiastic person who never lets any disability get in the way.

"He's very exciting and he's a go-getter," Retana said. "Nothing seems to stop him." THE ASSOCIATED PRESS

Marine life. Obama plans to ban drilling, fishing in vast swath of the Pacific

Moving to protect fragile marine life, U.S. President Barack Obama announced plans Tuesday to create the largest ocean preserve in the world by banning drilling, fishing and other activities in a massive stretch of the Pacific Ocean.

Using presidential authority that doesn't require new action from Congress, Obama proposed to expand the Pacific Remote Islands Marine National Monument, which President George W. Bush designated to protect unique species and rare geological formations. The waters are all considered U.S. territory because they surround an array of remote, mostly uninhabited islands that the U.S. controls between Hawaii and American Samoa.

Carbon pollution is making the world's oceans more acidic, pollution is threatening marine life and overfishing could wipe out entire species, Obama warned as he vowed to expand the sanctuary during an ocean conservation conference hosted by the State Department.

THE ASSOCIATED PRESS

In numbers

Maritime law demarcates 200 nautical miles from a nation's coast under their exclusive economic control.

- Obama's move could protect over 3,107 square kilometres.
- If he were to protect all U.S. waters in the Pacific other than Hawaii, it could grow to nearly 3.9 million square kilometres.

U.S. President Barack Obama waves at the Pennsylvania Air National Guard base on Tuesday, in Coraopolis, Pa. KEITH SRAKOCIC/THE ASSOCIATED PRESS

Suspended senator

Alleged victims want to drop complaints: Brazeau's lawyer

The lawyer for suspended Sen. Patrick Brazeau says the alleged victims in an assault and threats case against his client want to withdraw their complaints.

Defence lawyer Gerard Larocque told the court on Tuesday that one of the two people has actually written the Crown about dropping the complaint filed in April.

Brazeau was charged with assault, possession of cocaine, uttering threats and breaching bail conditions following an altercation involving a man and a woman at a home in Gatineau. He has pleaded not guilty.

THE ASSOCIATED PRESS

Crushed to death

Cluttered floor collapses on alleged hoarder

A U.S. woman described by police as an apparent hoarder was crushed to death when a floor piled with clutter collapsed into her basement, medical officials said Tuesday.

Officials said 66-year-old Beverly Mitchell's body was found Saturday as crews were using a backhoe to remove debris from her home. She may have been dead for more than a week, police said.

Authorities didn't even notice that the floor had collapsed Thursday because all they saw was ceiling-high clutter along the walls and waist-high clutter in other areas, police said.

THE ASSOCIATED PRESS

This framegrab taken from a video shows two tornados approaching Pilger, Neb., on Monday. The U.S. National Weather Service said at least two twisters touched down within roughly one and a half kilometre of each other Monday in northeast Nebraska. STORMCHASINGVIDEO.COM/THE ASSOCIATED PRESS

Dual twisters slam town in Nebraska

One five-year-old killed. Rare twin tornadoes send another 19 to hospital.

A storm packing rare dual tornadoes tore through a tiny farming town in northeast Nebraska, killing a five-year-old child, leaving grain bins crumpled like discarded soda cans and flattening dozens of homes.

Stanton County Sheriff Mike Unger estimated that 50 to 75 per cent of Pilger, Neb., was heavily damaged or destroyed in the storm. The local school is likely beyond repair, he said.

"It's total devastation," Unger said.

The storm was part of a larger system that started to track across the U.S. midsection Monday afternoon. More stormy weather was forecast Tuesday in an area stretching from eastern Montana to New York. The Storm Prediction Center in Norman, Okla., said powerful winds, large hail and a few tornadoes were possible, particularly in Iowa, Wisconsin and northern Illinois.

THE ASSOCIATED PRESS

Nearby

Tornado touches down in Ontario

More than 30 houses have been damaged, including four with their roofs ripped off, in the Angus area by what was confirmed by Environment Canada Tuesday night as a tornado.

OPP Sgt. Peter Leon said police received numerous reports of funnel clouds in the area southwest of Barrie, and an officer on scene said there had been extensive damage to a number of homes.

"At this point I have not been made aware of any injuries." said Leon.

"We are making sure that any of the homes that were impacted have been thoroughly searched and nobody's trapped or stuck inside those homes."

TORSTAR NEWS SERVICE, WITH FILES FROM THE CANADIAN PRESS

A man holds a girl after she was pulled from the basement of her destroyed home in Pilger, Neb., Monday, June 16, 2014. MARK 'STORM' FARNIK/THE ASSOCIATED PRESS

Sodium reduction plan: take with a grain of salt

Worth its salt? Some in the U.S. are questioning the effectiveness of the FDA's forthcoming voluntary guidelines to reduce salt in food

The majority of sodium Americans consumes comes from processed foods and meals, like burgers. GETTY IMAGES

Food companies and restaurants in America could soon face government pressure to make their foods less salty — a long-awaited federal effort in the U.S. to try to prevent thousands of deaths each year from heart disease and stroke.

The Food and Drug Administration is preparing voluntary guidelines asking the food industry to lower sodium levels, FDA Commissioner Margaret Hamburg told The Associated Press. Hamburg said in a recent interview that the sodium is "of huge interest and concern" to the agency.

"We believe we can make a big impact working with the industry to bring sodium levels down, because the current level of consumption really is higher than it should be for health," Hamburg said.

It's still unclear when the FDA will release the guidelines, despite its 2013 goal to have them completed this year.

Hamburg said she hoped the agency would be able to publicly discuss the issue "relatively soon." On Tuesday, FDA spokeswoman Erica Jefferson said there is no set timeline for their release.

Health groups would prefer mandatory standards, but say voluntary guidelines are a good first step.

Still, Michael Jacobson of the Center for Science in the Public Interest says he is concerned companies may hesitate, worried that their competitors won't lower sodium in their products.

If that happens, "then FDA should start a process of mandatory limits," Jacobson says.

THE ASSOCIATED PRESS

Hold the salt

Most sodium not from table salt shaker

Americans eat about one and a half teaspoons of salt daily, about a third more than the government recommends, and enough to increase the risk of high blood pressure, strokes and other problems.

Most of that sodium isn't from the salt shaker, but is hidden inside common processed foods and restaurant meals.

Here are some of the saltiest foods, based on 2010 data from the Agriculture Department:

BURGERS AND SANDWICHES: PROVIDE **21 PER CENT** OF AMERICANS' TOTAL SODIUM INTAKE

RICE, PASTA AND GRAIN DISHES: **SEVEN PER CENT**

MEAT, POULTRY AND SEAFOOD DISHES: **SIX PER CENT**

PIZZA: **SIX PER CENT**

DAIRY: **FIVE PER CENT**

CONDIMENTS, GRAVIES, SPREADS AND SALAD DRESSINGS: **FOUR PER CENT**

Market Minute

DOLLAR
92.05¢ (-0.19¢)

TSX
15,055.89 (+15.46)

OIL
$106.36 US (-$0.54)

GOLD
$1,272 US (-$3.30)

Natural gas: $4.71 US (no change)
Dow Jones: 16,808.49 (+27.48)

America

Retailers to do the math for you

New York's attorney general said Tuesday Costco, CVS, FreshDirect, Walmart and Walgreen have agreed to list unit prices on their websites and mobile apps for shoppers across the U.S.

A unit price tells consumers how much a product costs by each unit of weight. For example, a 16-ounce bottle of shampoo costing $5.99 US would have a unit price of 37 cents per ounce.

THE ASSOCIATED PRESS

Privacy. Britons being tracked by national spy agency on social media

The U.K.'s electronic spy agency is legally allowed to track the online activities of millions of Britons who use U.S.-based platforms such as Facebook, Twitter and Google, Britain's top counter-terrorism official has said.

In a witness statement made public Tuesday, Office for Security and Counter-terrorism chief Charles Farr said data sent on those services is classed as "external" rather than "internal" communications because the companies' servers are based outside Britain.

Amnesty International said that amounted to "industrial-scale intrusion," but Farr said this did not amount to mass surveillance because the vast majority of messages intercepted in this way are not read. THE ASSOCIATED PRESS

Security. Germany finds smartphones preloaded with espionage software

A cheap brand of Chinese-made smartphones carried by major online retailers comes pre-installed with espionage software, a German security firm said Tuesday.

G Data Software said it found malicious code hidden deep in the propriety software of the Star N9500 when it ordered the handset from a website late last month. The find is the latest in a series of incidents where smartphones have appeared preloaded with malicious software.

G Data spokesman Thorsten Urbanski said his firm bought the phone after getting complaints about it from several customers. He said his team spent more than a week trying to trace the handset's maker without success.

THE ASSOCIATED PRESS

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THE MYSTERY OF (NOT-SO) YOUNG ADULT LIT

JUST SAYIN'

Paul Sullivan
metronews.ca

Guilty — that's me — of reading Young Adult novels instead of the latest literary fiction by the latest literary lion or lioness.

I devoured Harry Potter, The Golden Compass, even Hunger Games (although I admit it got a little tedious by Volume Three), while nibbling demurely at some prize-winning tome in which generations of people where it snows a lot have been artistically victimizing each for ... generations.

Don't get me wrong. As a card-carrying English graduate, I fervently support the production of literature. I'm just having a tough time getting through it. And I'm not alone.

The Harry Potter series has sold 450 million copies to date, never mind the movies. Most literary novels are borrowed from libraries and returned, often unread.

This last weekend, The Fault in Our Stars, a movie based on a book about two teenagers in love while both are dying of cancer, outgrossed everything else Hollywood threw at us, including Edge of Tomorrow, the latest Tom Cruise misadventure in advanced ordnance ($66 million US versus $40.5 million). Kids, do you know where your parents are?

In a Publisher's Weekly study cited in a CBC story, 55 per cent of Young Adult books are bought by adults, 78 per cent for their own enjoyment. (Of course, the other 22 per cent could be lying. "I'm just buying this for my daughter!")

Is this predilection for Young Adult fiction evidence of a mass dumbing down or an epidemic of ADD? Well, probably. But I think there's more going on. Yes, Young Adult novels are easier to read. Yes, they usually end in a happy, or at least a satisfactory, ending.

Is that so wrong? It may have something to do with "plot." Say what you will about Harry Potter and his Hogwarts homies, the entire series is driven by an intertwining network of fiendishly entertaining plotlines that keep everyone on tenterhooks until the end of volume eight. Author J.K. Rowling tried her hand at literary fiction with The Casual Vacancy, but Potter fans held their breath and tapped their feet until she came up with The Cuckoo's Calling, a detective thriller she tried to write under a pseudonym. Of course, she was almost instantly uncloaked. "Cuckoo" displays all the page-turning virtues of the Potter series, but it's allegedly written for grownups.

Speaking of plot, A Song of Ice and Fire, the series of books upon which Game of Thrones, the most popular HBO cable series ever, is based, so far features five exquisitely plotted volumes. It also features more sex, incest, gore, betrayal and terror than a Quentin Tarantino grindhouse tribute, so it's definitely not for kids, although with today's kids, you never know.

So you can put this shameful fascination with Young Adult fiction down to a worldwide failure to launch — or maybe a driving plot is the missing ingredient in more-heralded fare. I wish we could ask Charles Dickens, the master of great literature featuring great plots.

But he died, alas, without finishing The Mystery of Edwin Drood.

ZOOM

Sikh chic

In their Kickstarter-funded series The Singh Project, London-based photographers Amit and Naroop profile British Sikh men and show how they embrace both the turban and the times they live in. COURTESY AMIT AND NAROOP

Q&A

'Discipline and spirituality'

AMIT AND NAROOP
London-based photographers

What was the inspiration behind your project? The idea actually came from how beards are now trendy in fashion and mainstream culture. We felt it was pretty interesting to look at it from Sikhism, where the beard — a symbol of discipline and spirituality — has been an integral part of a man's identity for hundreds of years.

Having a beard has gone mainstream. Any hope for the turban? It would be amazing if it did. Young Sikh men are starting to tie their turbans with elaborate cloth, so it's an extension of their style. But I doubt right now that this will catch on with non-Sikhs.

Have British Sikh men always been expressive with their dress sense? The Sikh men we profiled are doctors, watchmakers, designers and architects, and they all take great pride in wearing a turban and beard. But some of the older Sikh men we interviewed described how they had to cut their hair when they first came to England just to be accepted so they could get a job. At the other end, lots of the younger men have embraced the tenets of Sikhism, grown their hair, and left behind their previous false pleasures like drinking, smoking or getting themselves into trouble. METRO

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MetroTube

metro AR

OK Go strikes again

ANDREW FIFIELD
andrew.fifield@metronews.ca

Music video production house and occasional rock band OK Go has unleashed another single-take (after at least 50 attempts) parlour trick ahead of its Hungry Ghosts album's October release.

Fully embracing its shtick, the gang has graduated from Rube Goldberg devices and treadmill choreography to a funhouse of mirrors, pulleys and other optical illusion trickery. It's pretty cool stuff, and hey, the song isn't so bad, either. (OK Go/YouTube)

SCREENGRAB

metro
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SCENE 2

Scan this photo with your Metro News app to catch an interview with the Jersey Boys!

Some films hit all the right notes

Rock 'n' roll reels. Jersey Boys is just the latest film inspired by music's best and brightest

IN FOCUS
Richard Crouse
scene@metronews.ca

Rock 'n' roll and the movies have always had an uneasy relationship. For every film that hits all the right notes, like Quadrophenia or A Hard Day's Night, there's a host of tone-deaf films like Light of Day, featuring Michael J. Fox and Joan Jett as musical siblings, or Sgt. Pepper's Lonely Hearts Club Band, a glam-rock-and-disco re-imagining of the Beatles classic.

Rock 'n' roll biographies are equally hit-and-miss. In The Buddy Holly Story, the toothy Gary Busey earned an Academy Award nomination for his portrayal of the rock legend, but Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."

This weekend, Jersey Boys — directed by Clint Eastwood, and based on the Tony Award-winning musical — tells the story of '60s hitmakers The Four Seasons. Songs like Big Girls Don't Cry, Walk Like A Man and Can't Take My Eyes Off You made them one of the biggest-selling rock acts of all time.

Lesser known than the Four Seasons but louder, faster and dirtier were The Runaways, the subject of a rambunctious 2010 movie. Set back when you could still drink a bottle of stolen booze in the shade of the Hollywood sign, The Runaways focuses on two glue-sniffing, tough girls named Joan Jett (Kristen Stewart) and Cherie Currie (Dakota Fanning) who formed the underage all-girl band. The music of The Runaways was described as the "sound of hormones raging," and this film captures that.

Hits and misses

Roger Ebert sneered that Dennis Quaid played Jerry Lee Lewis in Great Balls of Fire "as a grinning simpleton with a crazy streak."

Jersey Boys hits theatres June 20. CONTRIBUTED

John Lloyd Young

Riding in cars with Jersey Boys

John Lloyd Young, who won a Tony for his performance of Frankie Valli on Broadway, plays the singer in the big-screen adaptation of Jersey Boys.

Teamed with Tommy DeVito (Vincent Piazza) and Nick Massi (Michael Lomenda), Valli rose from the streets to the studio — and with the addition of songwriter and keyboardist Bob Gaudio (Erich Bergen), from clubs to concert halls as the Four Seasons, one of the top-selling acts in rock history. Hits like Big Girls Don't Cry and Walk Like A Man kept them at the top of the charts but ego, in-fighting and money troubles blew them apart.

Young, Lomenda and Piazza bonded on the third day of the shoot. "We were shooting a scene where we were in the middle of the desert and our car breaks down," Young says. "We end up having to hitch a ride with a farmer and the back of the truck is filled with pigs.

The three of us guys were actually in the back of this truck with a bunch of pigs, doing take after take, and every time the truck started it was like a lesson in pig excretory systems.

"It was a sequence that's been cut from the movie," he says. "But it proved to be a real bonding experience for us."

Young, Lomenda and Bergen are veterans of the stage show, which helped when making the movie.

"Knowledge of that audience reaction is in our head and in every single thing we do as these characters on stage. You cannot forget that when you're doing the same character on-screen. You know how the audience responds, and even though it is just crew guys, (director) Clint (Eastwood) and your fellow actors, you have those instincts in there. The audience is there with you."

I'm Not There is a hard movie to describe. It's a metaphoric retelling of Bob Dylan's life, but none of the characters in it are called Bob Dylan. Most of them don't look like Dylan, and the one who most looks like Dylan is a woman. Unlike Walk the Line or Ray, which were both standard-issue Hollywood biopics, there is nothing linear here, but then there is nothing straightforward about the man, so there should be nothing straightforward about the movie.

Sex & Drugs & Rock & Roll is the title of eccentric English singer Ian Dury's biggest hit and the 2010 biopic about his eventful life. Starring Andy Serkis, the film is as high voltage as one of Dury's legendary live performances.

Finally, the film Control details the short life of Joy Division singer Ian Curtis (Sam Riley). After seeing the film at Cannes, Curtis's bass player Peter Hook said he knew the movie "would be very well received because, even though it's two hours long, only two people went to the toilet the whole time. In fact, one of them was (Joy Division founding member) Bernard (Sumner). The other one was a 70-year-old woman."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jason Segel's junk made his mom cry

MELINDA TAUB
Metro World News

Jason Segel's nude scene in Forgetting Sarah Marshall was big news even before the movie came out. Film buffs knew that by purchasing a ticket to the movie, they were also getting a ticket to Segel parading his junk around.

However, one viewer was caught entirely by surprise: Segel's mom.

Jason Segel wrote Forgetting Sarah Marshall in addition to starring in it, so Mrs. Segel had no one to blame but her own son. That did little to take the edge off the traumatic experience. Segel tells Vanity Fair that the famous nude scene made his mom cry.

After she'd recovered from the initial shock, Mrs. Segel decided to make sure others did not go into the experience as unprepared as she had been. She sent out a mass email to friends and family that read, "I would like to inform you all that Jason has chosen to do full-frontal nudity; however, it is not gratuitous and is essential to the plot."

Which is pretty generous, really. I am quite certain that if I made my mom watch a movie that featured my junk, she would be too upset to track whether it was essential to the plot or not.

Ryan Gosling isn't looking to adopt, as cute as that sounds

Not so fast, Facebook. Nearly one million readers were taken in recently by a bogus story about Ryan Gosling trying to adopt a baby.

An unverified account posted a photo of Gosling laughing with a baby, along with a lengthy explanation purportedly written by the Drive star recounting how he'd tried to get custody of an infant because the mother had wanted him to after she died of cancer.

"One year later after the adoption, his biological father wanted him. Of course, I put up a fight, but he won," the post stated. "We have to stop and be thankful for our children and children should stop and be thankful for their parents. What I truly learned most of all is, every child needs love. Save thousands of children and meet me while doing it."

The post included a link to buy limited edition T-shirts and a chance to win a date with Gosling, all in exchange for donations to the Orphanage Home Foundation, which doesn't actually exist. Before it was deleted, the post earned 936,000 likes and was shared more than 51,000 times.

Ryan Gosling ALL PHOTOS GETTY IMAGES

Robert Pattinson

Pattinson says he's not headed to a galaxy far, far away any time soon

Robert Pattinson wants to make it very, very clear that he will not be inheriting any iconic roles made famous by Harrison Ford anytime soon.

Separate online rumours had the Twilight star tapped to play Indiana Jones in a series reboot and Han Solo in a stand-alone Star Wars spinoff, but Pattinson himself doesn't know where these stories are coming from, according to Us Weekly. "Why is that coming out? I honestly don't understand what it's all about. Man, I wish," he says in response to the Indiana Jones idea. "It's like all those other B.S. rumours."

As for visiting a galaxy far, far away? "I didn't even know there was a Han Solo spinoff coming out," he says. "Sounds like a cool spinoff. I'll watch it!"

Dr. Dre

Forget about Dre? Not after that tip!

Dr. Dre certainly knows how to treat the wait staff. The rapper, producer and Beats honcho recently paid a visit to Skybar at the Mondrian Hotel in West Hollywood to enjoy some tequila shots, take photos with fans and compare notes with the DJ. And when he decided to leave, Dre reportedly left his waitress a $5,000 tip, according to Radar Online. "She was stunned," a source tells the website.

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LIFE 3

Scan the photo below with your Metro News app for more images of the art galleries in Pittsburgh.

The artsy side of Pittsburgh

Carnegie to Warhol. Pittsburgh may register as a gritty steel-town in your consciousness, but it's also home to some pretty great art

ANDREW JOHN VIRTUE DOBSON
dobbernationloves.com
@dobbernation

The Andy Warhol Museum is home to 900 paintings, 100 sculptures and nearly 2,000 works on paper. PHOTOS: ANDREW DOBSON/METRO

While Pittsburgh is best known for its steel-town roots, today the blue-collar city taps into its innovative past by providing inspiration to art lovers.

I start my art crawl a short hop, skip and jump from my plush bed at the Fairmont Pittsburgh. The property invites guests to take a walk back in time to explore over 26,000 artifacts recovered from the 2007 excavation of Three PNC Plaza. Objects on display in the hotel's public spaces date from 1840 to 1872, offering visitors a glimpse into what life would have been like here in the mid-1800s. Marvel over antique glass bottles, gilded decorative accessories from France, botanical prints and tiles and cute Kestner dolls.

The Carnegie Museum of Art was made possible by the generous support of Andrew Carnegie, the industrialist who invested his steel-town success in the arts. While most art museums founded at the turn of the last century focused on collections of well-known masters, Carnegie envisioned his museum collection would consist of the "Old Masters of tomorrow." In 1896, he initiated a series of exhibitions of contemporary art and proposed that the museum's paintings collection be formed through purchases from this series. Carnegie, thereby, founded what is arguably the first museum of modern art in the United States, which at the time featured Winslow Homer, James McNeill Whistler, and Camille Pissarro.

Today's collection is distinguished in American art from the mid-19th century to the present, in French Impressionist and post-Impressionist paintings, and in significant late 20th-century works.

Local celebrity Andy Warhol's groundbreaking work has crowned Pittsburgh as the world headquarters for Pop Art. The city's not-to-be-missed Andy Warhol Museum is the most comprehensive single-artist museum in the world, offering exhibitions year-round and displaying never-before-seen artworks from a collection that includes 900 paintings, 100 sculptures, nearly 2,000 works on paper, more than 1,000 published and unique prints, and 4,000 photographs.

Visitors to the museum indulge in a whimsical chronicle of the oddball artist's life, highlights which include childhood sketches, quirky collection of travel paraphernalia, Polaroid portraits of American icons (Liza Minnelli, Diana Vreeland, Arnold Schwarzenegger, Mick Jagger) and an evolution from wildly successful commercial illustrator to pop art superstar.

The Mattress Factory offers the world's most famous installation art experience. Since 1982, the groundbreaking museum has presented new works by more than 600 artists working in residence. The organization is dedicated to providing artists with the space, materials, assistance and freedom to explore new ideas and create works of art that help us see the world in fresh new ways.

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Golf. The spirit of the American Revolution lives on at Colonial Williamsburg, home to the Golden Horseshoe

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Swing your clubs on the red clay of Virginia. COURTESY HUNTER PUBLIC RELATIONS

Thomas Jefferson — a golfer?

Well, that was the tale spun in fun last autumn at Colonial Williamsburg, the renowned living history museum in Virginia that celebrates the patriots of the Revolutionary War and the early days of the United States. A bag full of antique hickory golf clubs slung over his shoulder, Jefferson — or rather, an actor portraying the American founding father — waxed eloquently about Virginia's long ties to the game, which some historians date to the 18th century.

The occasion was the 50th anniversary celebration of Golden Horseshoe Golf Club, one of the newer attractions among the dozens of original or re-created buildings and other exhibits related to colonial life found throughout the 301 acres of Colonial Williamsburg.

Built on the site of an 18th century plantation, Golden Horseshoe's original Gold Course is an acclaimed Robert Trent Jones, Sr. beauty featuring tree-lined fairways, pinched and often sloping landing areas, and long carries to small greens.

Rees Jones, the legendary architect's almost equally famous son, took a similarly traditional approach when he designed the meticulously groomed property's second 18-hole layout, the Green Course, which opened in 1991. Rounding out the lineup is the Spotswood Course, an executive-style nine-hole layout by Trent Jones, Sr. named for colonial governor Alexander Spotswood.

But no matter how beautiful Golden Horseshoe's courses — or deep golf's roots in the red clay of Virginia — the game plays second fiddle to the many other attractions offered at Colonial Williamsburg.

Starting in the 1920s, John D. Rockefeller, Jr., and his wife, Abbey Aldrich Rockefeller, spearheaded the Colonial Williamsburg Foundation's purchase and rebuilding of the historic downtown core of the city of Williamsburg, the capital of Colonial Virginia from 1699 to 1780. Together with Jamestown and Yorktown, Williamsburg is part of Virginia's Historic Triangle.

Preserved in time are the original courthouse and Bruton Parish Church, and reconstructed to their former glory are the Governor's Palace, the Capitol and Raleigh Tavern. Altogether, there are more than 500 buildings in the designated Historic Area, 88 of them original. Alehouses, theatres and the workshops of printers, coopers, cabinetmakers, wigmakers and gunsmiths are staffed re-enactors in period costume.

Though the final break with Britain has yet to come, in the streets of Colonial Williamsburg there is growing discontent and even calls for open rebellion.

An indignant, red-faced militia captain exhorts a crowd to storm the Governor's Palace, and demand the return of weapons taken by the authorities from Williamsburg's arsenal. One of a series of daily street theatre scenes, called The Revolutionary City, the captain's outrage effectively draws visitors into the tension that gripped the colony. "What we see before us," he shouts, "is the erosion of the rights and liberties we have known all our lives."

A little of that revolutionary spirit may even have infected the great Trent Jones, Sr. during the building of Golden Horseshoe's original Gold Course. His groundbreaking par-three 16th hole, featuring one of the game's first island greens, has been admired and copied by golf architects ever since. Colonial Williamsburg can have that effect.

Getting there

The closest commercial airport to Williamsburg is Newport News/Williamsburg International Airport, about 30 minutes away. The city is also about midway between two larger commercial airports, Richmond International and Norfolk International, each about an hour's drive away.

How-to

Improve your airport experience

1. Very oddly, many people don't check in at home online. You're smarter than that.
2. Go easy on your blood pressure by leaving yourself lots of time to get to the airport.
3. Use a scale to weigh luggage before you leave home so you avoid repacking at the check-in desk.
4. Avoid wearing excessive jewelry or clothing with metal bits, so your security check is a breeze.
5. Pack a homemade snack in your carry-on for the airport lounge, and select a seat away from the gate.
6. Earplugs are also not a bad idea.

DOUG WALLACE/METRO

Tool

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All dressed up in, say, Berlin and no place to go? Getmyplusone.com works like a sort of tour guide for people visiting Berlin, London, Paris, Amsterdam and Barcelona, connecting you with cool locals who show you the lay of the land. They can spend an hour chatting with you on what to do and where to go ($30) or three to five hours actually touring their city with you (from $60). Enjoy off-the-beaten-path excitement, including restaurants and lodging — unique experiences you would never find on your own.

DOUG WALLACE/METRO

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What not to do: the resumé edition

Polish off that paper. Make sure that your CV is up to par and won't see the recycling bin

LAUREN MARINIGH
TalentEgg.ca

Your resumé is quite possibly one of the most important documents saved on your computer.

Why?

A resumé is the key ingredient to helping land your dream job.

Here are some things to avoid when you're putting together a resumé.

Missing the specifics

Don't leave an employer guessing. Your resumé is supposed to indicate that you're a good fit for a position, so it must include any relevant information.

Briefly identify the overall function of your role before focusing on specific tasks and accomplishments that connect your skills to the job opportunity at hand. Avoid broad statements that don't communicate specific information.

Don't rely on a job title to catch an employer's eye. While previous experience in a similar role is an obvious asset, employee responsibilities can differ substantially between different workplaces.

Leaving out experience

If you're looking for a first professional role or are switching industries, you'll need to rely on a variety of work experiences to position yourself as a compelling new hire.

Don't assume that past work experience in a different field isn't relevant to a position in your industry of choice. If you have limited experience, you need to use every piece to your advantage.

Many skills from other jobs can be transferable. For example, customer service experience can be a great asset in many other career fields.

As you build your resumé, you won't need to use every piece of work experience you have when applying for a new job, but you'll still want to present yourself as a well-rounded candidate.

Going overboard

A resumé should never exceed two pages — and if it is kept to one page, that's even better.

Resumés are meant to showcase your experience and accomplishments, and although many applicants can talk for days about their background and job experience, it is important to keep a resumé short and to the point.

Depending on the role you're applying for, you may want to use a completely different format for your resumé, removing or including sections based on the information you want to present.

Mismatching an objective

Not all resumés include an objective. Make sure that you're only using one if it's a good fit for the opportunity that you're pursuing.

It's a common mistake to use the same objective for every application, or to use one that is too broad — for example: "I am seeking full-time employment."

An objective should be directly related to the job you are applying for, and should change with every single one of your job applications. Note that including an objective is an often-debated topic. If you are having trouble writing one, it's safer not to include one at all.

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Success in the specific

It's a common mistake to use the same objective for every application, or to use one that is too broad.

No employer wants to read a novel about you, no matter how relevant your past experience may be. ISTOCK

Don't downplay design

If you are applying for positions in marketing or graphic design, getting creative with your resumé is a great way to show off your skills.

- For a more traditional role or in a conservative industry, it's best to stick to a crisp, professional layout.
- You don't need exceptional design skills to compose a beautiful resumé. A quick search online can get you started with some simple examples that will help you design your own from scratch.
- A resumé should be clean, eye-catching and easy to read. Do not over-complicate your application by getting too experimental with your design — but it's okay to have some fun with it.

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The CCRL will be celebrating 20 years of serving the francophone community on October 18, 2014
We are looking for any information regarding the founders and main contributors of the centre's creation.
If you have any information please contact
Adrienne Dumouchel by email at fetons20ans@ccrlondon.on.ca
or by telephone at 519-673-1977 ext. 3856.
All information, small or large, is valuable.
Le CCRL va célébrer 20 ans de service à la communauté francophone le 18 octobre 2014. Nous sommes à la recherche pour toute information sur les fondateurs et les principaux contributeurs à la création du Centre Communautaire. Si vous avez des informations, s'il vous plaît, contacter Adrienne Dumouchel par courriel à fetons20ans@ccrlondon.on.ca ou par téléphone au 519-673-1977, poste 3856. Toutes informations peuvent être utiles.

Slice the bread and cut cooking time

Turkey Bacon Sandwich and Mini Hamburgers. No time to spend in the kitchen? Grab some meat and make it a sandwich night

DINNER EXPRESS
Emily Richards
food@metronews.ca

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Turkey Bacon Sandwich
- 1 slice turkey bacon
- 1 slice whole wheat bread
- 1 tbsp (15 ml) chickpea hummus
- 2 thick slices fresh tomato
- Drizzle of aged balsamic vinegar
- Pinch fresh ground pepper

Mini Hamburgers
- 1 egg
- 2 tbsp (30 ml) ketchup
- 1 small onion, grated
- 1/3 cup (75 ml) whole wheat fresh bread crumbs
- 1/2 tsp (2 ml) dried oregano
- Pinch pepper
- 8 oz (227 g) extra lean ground turkey or chicken
- 8 oz (227 g) extra lean ground beef
- 15 slider mini burger buns

This recipe makes one serving but can be easily doubled. EMILY RICHARDS

This recipe makes 15 mini burgers. EMILY RICHARDS

Turkey Bacon Sandwich

This is a new favourite! It is simple to put together, and even easier to eat. Cook the bacon while your bread is in the toaster, and slice up the tomato. With a splash of balsamic vinegar, the flavour sings out to be made a regular dinner routine.

1. Place bacon on paper towel-lined plate and microwave on high for 20 seconds or until it is hot.

2. Meanwhile, toast bread. Spread hummus on toast, and top with bacon and tomato. Drizzle with vinegar and sprinkle with pepper.

Mini Hamburgers

My kids couldn't stop eating these, and neither could the adults! They're perfect for small hands to enjoy for dinner or tuck into pita halves with lettuce for dinner on the run. You can serve them open face with lettuce and tomatoes for a new twist to dinner.

1. In bowl, stir egg and ketchup. Stir in onion, bread crumbs, oregano and pepper. Add chicken and beef and using hands mix together until well combined. Using scant 1/4 cup (60 ml) of mix, make small burger. Repeat with remaining mix.

2. Place the mini hamburgers on a greased grill over medium-high heat and grill for about 10 minutes, turning once or until no longer pink inside — or until internal temperature of 70 C (160 F) is reached. Place the mini burgers in buns to serve.

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LPGA event means big bucks for children's health

Golf. Children's Health Foundation set for big weekend in August when top women's golfers descend on London Hunt and Country Club

DAVE LANGFORD
dave.langford@metronews.ca

Lorie Kane laughed when she was reminded about a charity golf tournament she played in Digby, N.S., more than 20 years ago.

Nothing strange about the long-time LPGA professional giving back to the community. After all, she has been doing that all her life.

But there was a difference in Digby. She played the second round of the two-day event left-handed, not the way she usually plays golf.

Kane was in London on Tuesday for a media kickoff of the inaugural Canadian Pacific Women's Open, which will be played at the London Hunt and Country Club, Aug. 18 to 24.

"Tom Bitove (a Toronto restaurant owner) wanted to know what he could do to mess up my game for a day to raise $5,000 for junior golf in Digby," she said with her huge Lorie Kane smile, recalling the Digby event.

The $5,000 was extra money for the charities that day and it created a large buzz in the small Nova Scotia community. Toronto Maple Leafs' defenceman Dave Ellett took on the task of putting a set of lefty clubs together. Kane said the whole event was "a blast."

The Kane lefty tale is something that morphs nicely into what the London tournament is about to do with its charitable dollars.

And Children's Health Foundation in London is going to come out on the winning end of creative fundraising plans.

Canadian Pacific will donate $100 for every ticket sold for the tournament, up until the day before the tournament week begins.

The LPGA event was last held in London in 2006, sponsored at the time by Canadian National, and about 65,000 spectators attended. With an average ticket for this year's tournament selling for $30, the money heading to the charity is potentially staggering.

"I am thrilled," Children's Health Foundation CEO Susan Crowley said. "It has all come together really quickly."

Kane is an official spokesperson for the CP event, just as she was with CN last time the tournament was in London. The common denominator is Hunter Harrison, who left one company to join the other as CEO.

"I want Hunter to write a huge cheque at the end of the week because I know that makes him happy," Kane said.

Children's Health Foundation CEO Susan Crowley, left, and LPGA Tour veteran Lorie Kane surround the Canadian Pacific Women's Open trophy, up for grabs in August. COURTESY CLAUS ANDERSON/GOLF CANADA

Big earner

Kane closing in on $7M earned

Golfer Lorie Kane has won four times on the LPGA Tour, with two more on the Legends Tour, and has pocketed close to $7 million.

"I'm not going anywhere. I love what I am doing," Kane, 49, said Tuesday. "I am only 19 years on tour, so to me I have lots of game left.... I get up every day with the same desire that I will be better than I was yesterday."

One pot of gold ahead may be the 2016 Olympics in Rio, where men's and women's golf will be introduced for the first time.

Kane was not the only name confirmed Tuesday for the $2.25 million CP Women's Open.

Others who will be playing include two-time defending champion Lydia Ko, 14-time LPGA Tour winner Suzanne Petterson and 2010 champion Michelle Wie.

Last year, 96 of the top 100 LPGA players took part.

DAVE LANGFORD/METRO

Jays' Navarro swept up in Messi Mania

Lionel Messi super-fan — and Jays catcher — Dioner Navarro.
TORSTAR NEWS SERVICE

Before every game this season, the first thing Blue Jays catcher Dioner Navarro does when he arrives in the clubhouse is change out of his street clothes and into a Lionel Messi jersey.

Early in the season it was the red-and-blue stripes of Barcelona, Messi's club team. But about two weeks ago, Navarro, a Venezuelan, switched to the baby blue of Team Argentina, Messi's home country.

Navarro is unabashed in his fandom.

"My wife hates soccer, my wife hates Messi," he said. "She says, 'I don't know why in the hell you got to get so crazy when Messi is playing.' I can watch all the soccer games, all day, but when Messi's playing, man, I'm locked in. Nobody talks to me. If you say a word to me I might punch you in the face."

For Navarro, it is like being a kid again. He said he has been a diehard Barca fan since he was just four or five years old.

"Back home, we didn't have the most money in our family, so we only had the local channels. Everything on the local channels was how many people died, how many people were killed, you know? Politics, all that stuff. So every time we had the opportunity to see a sport, whichever sport it was, we watched it."

Navarro was already a big fan in 1999 when his brother Dewis moved to Spain to play semi-pro baseball for a team that shared the same owner as FC Barcelona, taking Dioner's fandom to a new level.

TORSTAR NEWS SERVICE

Kawasaki back with Jays

The Blue Jays recalled infielder Munenori Kawasaki from the Buffalo Bisons on Tuesday and optioned reliever Steve Delabar to the triple-A club. THE CANADIAN PRESS

- Go to metronews.ca to find out how the Jays fared in Tuesday night's series opener against the Yankees in New York.

4 SPORTS

Brazil and Mexico get zip

Scoreless draw. Hosts' scoring chances repeatedly stopped by goalkeeper Ochoa

Group A

0	0
Mexico	Brazil

Goalkeeper Guillermo Ochoa made a series of outstanding saves to help Mexico hold Brazil to a thrilling 0-0 draw at the World Cup on Tuesday.

The result leaves both teams with four points each after two games in Group A, but Brazil is ahead on goal difference going into its decisive final matches. Croatia and Cameroon meet on Wednesday for their second games after both opened with defeats.

Ochoa's first remarkable save prevented Neymar from scoring in the 26th minute. The Brazil striker's powerful header looked set to fly just inside the post when the goalkeeper dived to his right to push the ball wide.

Ochoa also made three other difficult saves to keep the hosts from breaking the deadlock — a shot by Paulinho in the 44th, a second-half effort by Neymar from inside the area and a close-range header by Thiago Silva in the 86th minute, which produced a remarkable block by the Mexico keeper.

After that, there was still time for a thrilling end to the game in the northeastern city of Fortaleza.

The referee dismissed Brazilian claims for a penalty after Marcelo seemed to have been grabbed in the 88th minute. Mexico then had two great chances, first with Andres Guardado's shot over the crossbar in the 90th and then with an effort by Raul Jimenez that was stopped by Brazil goalkeeper Julio Cesar of Toronto FC in injury time. THE ASSOCIATED PRESS

Mexico's goalkeeper Guillermo Ochoa dives to steer a shot from Brazil's Neymar wide of the net at the Arena Castelao in Fortaleza, Brazil, Tuesday. Ochoa as a standout in the game as he foiled a number of Brazilian scoring opportunities. Scan the image with the Metro News app to see additional photos from Tuesday.
ANDRE PENNER/THE ASSOCIATED PRESS

Group H

Russia pulls even with Koreans

Alexander Kerzhakov scored with one of his first touches after coming on as a substitute to earn Russia a 1-1 draw with South Korea on Tuesday in a World Cup match marked by the first big goalkeeping error of the tournament.

Russia goalkeeper Igor Akinfeev spilled Lee Keunho's speculative shot into his own net to gift South Korea a 68th-minute lead at the Arena Pantanal in Cuiaba in Group H.
THE ASSOCIATED PRESS

Russia's Alexander Samedov collides with Ki Sung-Yueng of South Korea on Tuesday.
CHRISTOPHER LEE/GETTY IMAGES

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Upset thwarted. Belgium bench nets two 2nd-half goals in comeback win

Waiting and waiting for an equalizer, the tension showed on the faces of the Belgium players as the second half wore on in the country's first World Cup match in 12 years.

Algeria was on the verge of a major upset in their Group H opener Tuesday, taking the lead through a penalty in the 25th minute. Try as they might, Belgium's attacking players just couldn't break down Algeria's defence.

In the end, it was the Belgian bench which found the way, with substitutes scoring twice for a 2-1 comeback win.

"We tired them down. We just tired them down," Belgium coach Marc Wilmots said. "I told them, 'Don't worry, we will score."'

Algeria's surprising lead stood for 45 minutes until Marouane Fellaini's strong glancing header, with his back to goal, from a Kevin De Bruyne cross in the 70th.

Fellaini, who many had considered would start the match, had only come onto the pitch five minutes earlier and was Wilmots' final substitution.

Dries Mertens' right-foot strike beat Algeria's goalkeeper in the 80th after Eden Hazard saw him free on the right and set him up for the decider. Mertens, who went on at the start of the second half, sent his shot high in the net outside of Rais Mbolhi's reach.

A Belgian error led to Algeria's only goal. Left back Jan Vertonghen dragged down Sofiane Feghouli in the area, and the Algerian attacking midfielder got up and converted the resulting penalty. THE ASSOCIATED PRESS

Belgium's Axel Witsel wins a header in a match against Algeria in Belo Horizonte, Brazil, Tuesday.
HASSAN AMMAR/THE ASSOCIATED PRESS

Porto Feliz

Police investigate gunshot-like sound

Brazilian authorities are investigating whether a gunshot was fired near a hotel where the Honduran national soccer team arrived to stay a few hours later, police said Tuesday.

A police officer in the town of Porto Feliz in Sao Paulo state, who spoke on condition of anonymity because he wasn't authorized to talk to the press, said it's unclear if the sound heard in front of the hotel was an actual gunshot, fireworks or even a car backfiring. He said no spent cartridge was found in the street.
THE ASSOCIATED PRESS

Croatia distracted

"If those photos were not published, they would be thinking about Cameroon."

Robert Kovac, Croatia's assistant coach, says the team isn't focused on its next opponent but is instead lamenting the publication of photos showing some of the players bathing nude at their training complex's swimming pool.

Spain

State prosecutor drops Messi from tax fraud case

Lionel Messi's public relations firm says a Spanish state prosecutor has agreed to drop the Argentinian footballer from a tax fraud case involving Messi and his father.

Messi's father, Jorge Horacio Messi, is apparently still under investigation for an alleged four million euros ($5.3 million) in unpaid taxes from Messi's image rights from 2007-09. THE ASSOCIATED PRESS

Lionel Messi during a warmup session in Vespasiano, Brazil.
RONALD MARTINEZ/GETTY IMAGES

Italian reinforcement on the way

Captain Gianluigi Buffon, pictured, and fullback Mattia De Sciglio have resumed training and Italy is nearing full strength at the World Cup. Midfielder Daniele De Rossi and centre back Andrea Barzagli also returned to full training Tuesday after skipping a day of practice with minor problems. Buffon and De Sciglio each missed Italy's 2-1 win over England on Saturday. CLAUDIO VILLA/GETTY IMAGES

Rose gets his first taste of being bench boss since 1989

Thorn in his side. Rose was handed a lifetime ban from the MLB for betting on baseball when he managed the Cincinnati Reds

Pete Rose stood behind the batting cage Monday, joking as former major leaguer Joe Mather hit ball after ball to centre field during batting practice for the Bridgeport Bluefish.

"I asked him, 'What are you working on, a sacrifice fly?'" Rose said.

Charlie Hustle's jersey was too big and he was wearing slacks as he exchanged lineup cards with opposing manager Butch Hobson at home plate.

Pete Rose
JESSICA HILL/THE ASSOCIATED PRESS

But Rose was back in his element, managing a baseball team, if just for one day.

The 73-year-old whose 4,256 hits are the most in major-league history served as guest skipper for the Bluefish of the independent Atlantic League during their 2-0 win over the Lancaster (Pennsylvania) Barnstormers. He also coached first base for the team for the first five innings.

The game at the 5,300-seat stadium was his first managing job since 1989, when as the skipper of the Cincinnati Reds he agreed to a lifetime ban from Major League Baseball for betting on baseball.

Rose could take this one-game job because the Bluefish are not affiliated with any major-league team. He said the appearance wasn't about bringing attention to the ban or getting reinstated.

He said he was trying to show he could be a good ambassador for the game. THE ASSOCIATED PRESS

Come celebrate the first day of Summer with us
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DRIVE

2014 Jeep Wrangler

- **Type.** Two-door, convertible SUV. Rear-wheel drive with full 4X4 capability.
- **Engines (hp).** 3.6-litre V6 (285)
- **Transmissions.** Six-speed manual, 5-speed automatic
- **Base price (incl. destination).** $23,195

Market position

• Two-door Wrangler is the purest successor to the original 1941 Jeep.
• Sport 4X4 is the least expensive Wrangler, appealing to both budget-strapped adventurers, and serious off-roaders, the latter using it as a base to which they will add all manner of personal-preference upgrades and touches.

Points

• Powerful V6 engine for its size.
• Only vehicle that encourages you, and makes it (relatively) easy for you, to take off the doors and windshield.
• Heavy-duty part-time 4X4 means you engage it only when you need it
• Acceptable road manners, considering its off-road prioritized components and design.

The Jeep Wrangler boasts that classic Jeep appearance.

• Inside is tight, and features lots of right angles.

Safety

Standard airbags; standard front/rear disc brakes with ABS and hydraulic-assist booster; standard traction control and stability control with Hill Start Assist; Electronic Roll Mitigation and Trailer Sway Control; tire pressure monitors; fuel tank and transfer case skid plates; fog lamps and halogen headlamps

With this car, it's hip to be square

PHOTOS: MIKE GOETZ

Review.
A modern model with the essence of the 1941 Jeep, a bit cramped but off-road ready

MIKE GOETZ
drive@metronews.ca

Like its famous predecessors, the 2014 Jeep Wrangler Sport 4X4 has more right angles than an aluminum garden shed, and tight accommodations for anything more than two adults and their duffle bags. For the record, it seats five, but I'm thinking the rear-seat people have to be well acquainted.

But that's what you get when you're careful about not diluting the essence of that original Jeep, created in 1941 and made famous during the Second World War, and afterwards, as the world's first off-road vehicle.

The square and flat sheet metal ensures its appearance is true to those classic Jeeps, and the equipment and design is still prioritized for off-road use.

At this juncture in its long lifespan, however, a lot of people are buying this Jeep for use in the urban jungle, because of its cool factor and distinctive features. That's how I chose to spend my time with this particular test vehicle — on missions to the inner city.

With one notable caveat, the two-door Jeep Wrangler is a surprisingly capable tool for negotiating such terrain. It's got the tall-in-the-saddle view as afforded by all SUVs, a super-tight turning radius, and its shortness is great for parking and jockeying for position on congested streets.

The Jeep Wrangler Sport offers a "wash out" interior.

It's got standout looks, and its fun factor, which is high to start with, can be upped by removing the soft top, and/or even the doors.

Wrangler also features a very modern powertrain — the gutsy 3.6-litre V6 with 24 valves and variable valve technology, mated to either a six-speed manual or five-speed automatic transmission.

Our "Sport" trim tester had the standard six-speed manual. At $23,195 (including destination charges) it's the least expensive Jeep Wrangler on offer, and features a satisfying blend of "just the basics," including roll-up windows, "wash out" interior, and of course, the part-time 4X4 system, with a transfer case that enables you to select 2WD High, 4WD High, or 4WD Low (the latter for going up trees and things).

The big caveat to using this interesting device on city streets is a choppy ride and lots of body action, courtesy of those heavy and "live" front and rear axles, the small wheelbase, and the high centre of gravity. But this edition of the Wrangler is quite modern.

Compare PHOTOS: CONTRIBUTED

1 Nissan Xterra
Base price: $35,248
Truck-based and a bit crude and thirsty, but like the Jeep, very off-road capable.

2 Toyota FJ Cruiser
Base price: $36,230
Closer in size to four-door Jeep Wrangler, but equally retro and off-roady.

3 Land Rover LR4
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Limited time weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,495 to $1,695 depending on 2014 model), EHF tires ($28.45), EHF filters ($1), A/C levy ($100 except Civic DX & Fit DX models), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ■Representative weekly lease example: 2014 Civic DX Sedan // 2014 CR-V LX 2WD // 2014 Fit DX on a 60 month term with 260 weekly payments at 0.99% // 1.99% // 0.99% lease APR. Weekly payment is $38.92 // $66.91 // $33.83 with $0 down or equivalent trade-in, and $925 // $1,375 // $2,150 total lease incentive included. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $10,118.95 // $17,396.44 // $8,795.73.120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ••Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ∞Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.

Your A/C's a bit more complex than you think

Cool it, we're getting to the important part.

Engines play big role in vehicle climate control

JIL MCINTOSH
drive@metronews.ca

Your car's climate system seems simple enough: turn it up for more warmth, turn it down to stay cool. But as you might expect, what's behind it is much more complicated.

"The heating system uses a heat source that warms up a liquid, and there's a fan that pours the heat into the cabin," says Hayato Mori, senior manager of product planning and business development for Honda Canada.

In most cars, that source is the engine, which gets so hot it has to be cooled down, usually to around 95 Celsius. Coolant, a mix of antifreeze and water, is pumped into the engine to absorb the heat. It then flows into the radiator, where it cools down before again.

But on its travels, coolant also flows into the heater core, which looks like a miniature rad and is located deep in the dash. When you turn on the heater, a fan blows across the hot heater core, sending this warmed air into the cabin.

A temperature blend door, controlled by a thermostat, opens or closes to direct more or less heat into the cabin as needed. If full heat isn't required, another door opens to vent the excess outside.

Air conditioning is even more complex. It's a closed system filled with a gas, called Freon, that flows through and is alternately subjected to high and low pressure.

This changes it to a very cold liquid. It flows into the evaporator, a component that's basically the cold equivalent of the heater core, where a fan blows over it to send cool air into the cabin. The Freon then becomes a gas again, and the process starts all over.

In hot weather, you'll under your car. It's condensation from the cold air-conditioning components, and nothing to worry about. But get your vehicle checked if you see coloured liquid —usually green or yellow —which means you're losing coolant.

"There's a lot of plumbing involved, and a tiny hole anywhere will bring down the whole system, so it's important to get this checked according to the vehicle's maintenance schedule," Mori says.

An air conditioning leak will simply leave you sweating in hot weather, but a coolant leak could lead to overheating and potential engine damage.

How it works

- Most cars use engine heat to warm the cabin, but battery-powered cars and some hybrids use electric heaters.
- Heater core repairs are expensive, because the dash must be taken apart. Flush the cooling system as recommended to prevent clogging.
- The heater fan is properly called a blower, and looks like a hamster wheel.

Get it checked

"There's a lot of plumbing involved, and a tiny hole anywhere will bring down the whole system."

Hayato Mori, senior manager of product planning and business development for Honda Canada.

Learn the process behind all those buttons and dials. CONTRIBUTED

Shift: Saving the earth with by powering Audi sports cars, and Volkswagens with electricity

Honda's small-vehicle "gateway" opens wider

Not to be confused with the now-defunct Chevrolet HHR small delivery van/wagon, Honda's upcoming all-new HR-V compact tall wagon will further grow the Japanese automaker's selection of small, efficient vehicles. Built on Honda's new Celaya, Mexico, flexible assembly line alongside the Fit small wagon, both vehicles demonstrate that "good things come in small packages," said Honda Canada official Dave Gardner. The HR-V creates a new market segment that, together with the Fit, provides a "gateway" to the Honda brand for first-time new vehicle buyers, and long-time brand loyalists. Despite its compact size, Honda credits its "spacious interior" to a uniquely designed new centre fuel tank layout. Further details about the HR-V will be announced closer to its planned end-of-year launch date.

Test-bed Audi R8 e-tron "a go" for production

Audi will build the once-cancelled R8 e-tron all-electric sports car, and says the new car will have an optimum400-kilometre range from its fully charged battery, more than twice the distance the original R8 e-tron could travel on a single charge. In fact, the automaker also confirmed it was the improved battery technology that convinced it to recommit to building the R8 e-tron. But there's a hitch that might call into question for some consumers Audi's commitment to electric technology: The car will only be manufactured "upon customer request," reports car news website Motor Authority. Audi, however, says it will use the car as a test bed to develop electric drivetrains for its more affordable, higher-production models.

Shift points

- Volkswagen plans to put tens of thousands, perhaps even hundreds of thousands, of electric vehicles on Chinese roads before the end of this decade. VW and its Chinese partners are "prepared to spend as much as $27 billion US in the next five years" to achieve that goal.
- Nissan wants you to know that it's no Johnny-come-lately to the world of electric vehicles, noting recently that its 1947 Rama EV was a direct result of Japan's then-recent war-time loss and the Allied Forces' efforts to limit gasoline supplies to the country.

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AS GOOD AS 43 MPG HIGHWAY

Starting From Price for
2014 Jeep Patriot Limited shown: $24,240.§

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The Jeep For Everyone Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after June 3, 2014. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Financing and lease offers available to qualified customers on approved credit. Retailer order/trade may be necessary. Retailer may sell for less. †0% purchase financing for up to 36 months available on new 2014 Jeep Cherokee models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Cherokee Sport 4x2 (24A) with a Purchase Price of $24,495 with a $0 down payment, financed at 0% for 36 months equals 78 bi-weekly payments of $314 with a cost of borrowing of $0 and a total obligation of $24,495. ≤Total Discounts of $3,500 consist of $2,500 Consumer Cash and $1,000 Bonus Cash on the 2014 Jeep Wrangler 2-Door 4x4 (23B). Total Discounts of $2,500 consist of $2,500 Lease Cash on the 2014 Jeep Grand Cherokee Laredo (23E). Consumer Cash/Lease Cash discounts are deducted from the negotiated lease price before taxes. Bonus Cash discounts are deducted from the negotiated lease price after taxes. ΩFinance Pull-Ahead Bonus Cash and 1% Rate Reduction are available to eligible customers on the retail purchase/lease of select 2014 Chrysler, Jeep, Dodge, Ram or Fiat models at participating retailers from June 3 to 30, 2014 inclusive. Finance Pull-Ahead Bonus Cash will be deducted from the negotiated price after taxes. 1% Rate Reduction applies on approved credit to most qualifying subvented financing transactions through RBC, TD Auto Finance and Scotiabank. 1% Rate Reduction cannot be used to reduce the final interest rate below 0%. Eligible customers include all original and current owners of select Chrysler, Jeep, Dodge, Ram or Fiat models with an eligible standard/subvented finance or lease contract maturing between May 1, 2014 and June 30, 2017. Trade-in not required. See retailer for complete details and exclusions. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new select models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Example: 2014 Jeep Grand Cherokee Laredo (23E) with a Purchase Price of $36,902 leased at 4.99% over 60 months with $4,998 down payment, equals 240 weekly payments of $99 with a cost of borrowing of $6,125.90 and a total obligation of $29,523. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. *Jeep Cash/Consumer Cash Discounts are deducted from the negotiated price before taxes. ‡4.29% purchase financing for up to 96 months available on new select models through RBC, Scotiabank and TD Auto Finance. Retailer order/trade may be necessary. Example: 2014 Jeep Wrangler 2-door 4x4 (23B) with a Purchase Price of $20,495, with a $0 down payment, financed at 4.29% for 96 months equals 208 bi-weekly payments of $117 with a cost of borrowing of $3,754 and a total obligation of $24,248.97. ♦♦$1,000 Bonus Cash is available on all new 2014 Jeep Wrangler models and is deducted from the negotiated purchase price after taxes. §Starting From Prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ◊Jeep Grand Cherokee has received more awards over its lifetime than any other SUV. √Based on 2014 *Ward's* Small Sport Utility segmentation. [1]Based on 2014 *Ward's* Sport and Cross Utility segmentations. [2]Based on 2014 *Ward's* Small Cross/Utility segmentation, approach angle, departure angle, breakover angle, and water fording depth. Excludes other vehicles designed and manufactured by Chrysler Group LLC. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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Horoscopes

♈ Aries
March 21 - April 20
You can't control your destiny every minute of every day, so let fate take its course. Unsettling things may happen over the next few days, but that doesn't mean they'll be bad for you.

♉ Taurus
April 21 - May 21
Even if you're the kind of Taurus who keeps your emotions under control you will be much more outgoing than usual today. There are so many good things going on in your life that you've got to tell the world.

♊ Gemini
May 22 - June 21
Be considerate of others' feelings and there is no limit to what you might achieve. You need to realize that everyone has a different destiny to fulfill.

♋ Cancer
June 22 - July 23
Drop your Cancerian guard and open up. An excellent link between Venus, planet of harmony, and Jupiter in your sign indicates you will meet remarkable people over the next 24 hours. Be sociable.

♌ Leo
July 24 - Aug. 23
Everything is going so well for you that you are even prepared to forget long-running feuds with colleagues and relatives. Make the most of it as it's unlikely to last, but while it does you'll feel great.

♍ Virgo
Aug. 24 - Sept. 23
Socially and romantically this is one of the best times of the year for you, so don't let anyone burst the bubble of optimism that surrounds you. Your positive attitude will attract like-minded people.

♎ Libra
Sept. 24 - Oct. 23
Be generous with your time and money. Don't give away all your worldly goods but the planets indicate that if you show kindness to someone in need now the favour will be returned many times over.

♏ Scorpio
Oct. 24 - Nov. 22
Even if you are the sort of Scorpio who likes to stick with tried and tested methods try to be more adventurous over the next 24 hours. Take a chance on love too. A new attraction could sweep you off your feet.

♐ Sagittarius
Nov. 23 - Dec. 21
The best way to avoid an unpleasant situation is to pretend it does not exist. You are not in the mood for confrontation and there is no cosmic law that says you have to face situations or people.

♑ Capricorn
Dec. 22 - Jan. 20
A Venus-Jupiter link is about as good an influence as you could hope for, especially where your love life is concerned. One person you meet today could become more than just a friend.

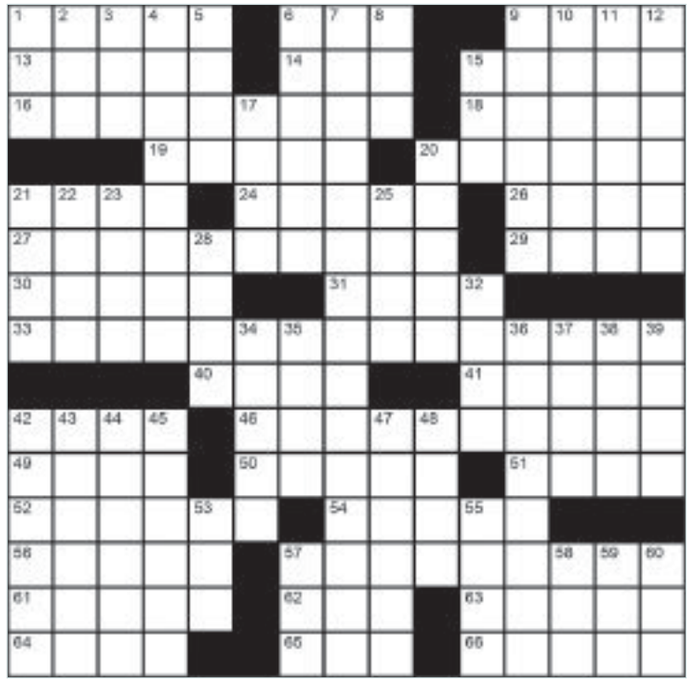
♒ Aquarius
Jan. 21 - Feb. 19
If you feel you are not being appreciated enough in your current job then start making plans. Could you be making more of your talents elsewhere? Be open to new possibilities.

♓ Pisces
Feb. 20 - March 20
Someone you meet on your travels today or tomorrow is destined to play a role in your life over the next few months. Don't be too defensive when meeting people. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

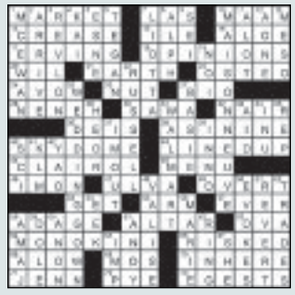
BY KELLY ANN BUCHANAN



Across
1. Coco __, Canadian model
6. Canuck financial inst.
9. Sink problem
13. Up to
14. Victor Hugo play, __ Blas
15. Silent film star Ms. Bara (b.1885 - d.1955)
16. Esquimalt, on the West Coast ...or... Halifax, on the East Coast: 2 wds.
18. Stair part
19. Create a carpet
20. Saskatchewan community; or, actor brothers Matt or Kevin
21. She, in Spain
24. Prefix to 'science'
26. Wrinkle
27. Earth's power-creating heat, __ energy
29. Today, tomorrow ...tiny-ly
30. __ __ fence (Not yet sure)
31. How some music is stored, ___ _ _
33. Water between Vancouver Island and mainland BC: 3 wds.
40. Suspire
41. Actress Ms. Palmer
42. New newts
46. __ Falls on Manitoulin Island in Ontario; or, Wedding gown accessory: 2 wds.
49. Purchasing place
50. Kisses: Spanish
51. Wide shoe widths
52. Alberta's 'Centennial City'
54. One who attempts
56. Boucherville 'book'
57. Lise Watier products
61. Foe
62. "__ you sure?"
63. "Well, obviously, Sherlock!": 2 wds.
64. Predicament
65. St. John's International Airport code
66. Sneering

Down
1. Flee
2. ___ hunch
3. CBC rival
4. 1855: The Song of __, by Henry Wadsworth Longfellow
5. Ballet move, Pas __
6. More courageous
7. Attraction in Gatineau, Quebec: Canadian __ __ __
8. "__ Como Va" by Santana
9. Canadian pianist Mr. Gonzales
10. First name of Canadian songstress Feist
11. Theatres
12. Red gemstone
15. Numerical prefix
17. Scourge
20. Fashion: __ & Gabbana
21. Characters' selves
22. Loaned
23. Movie trilogy directed by Peter Jackson, to fans
25. Buzzed or belled
28. "Who does he think ___!?!"
32. Classic toy
34. "They Call Me Mister __!" (1970)
35. Fiend
36. Manitoba village, 'The Interlake's Best Kept Secret'
37. Merriment
38. Eurythmics' "Would _ __ to You?"
39. Afflicts
42. Symbol
43. Flour: French
44. Hidden treasures
45. __ out (Leaves in a huff)
47. Cape __, Nunavut
48. "__ __ sure you know..."
53. Tonality
55. Poetic nights
57. Islet
58. Forest's Oscar-winning role
59. Mooer's mouthful
60. Any ship

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5		9		2			8
				5		3		4
				3		2	7	
	4						2	7
			7		5			
3	7						1	
	8	6		9				
9		7		8				
1			6		4		3	

Yesterday's Sudoku

5	7	6	1	9	3	2	8	4
3	8	9	4	6	2	1	7	5
4	1	2	5	7	8	3	6	9
7	3	8	9	5	4	6	1	2
1	9	5	7	2	6	8	4	3
2	6	4	8	3	1	5	9	7
9	2	7	6	8	5	4	3	1
6	5	1	3	4	7	9	2	8
8	4	3	2	1	9	7	5	6

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